

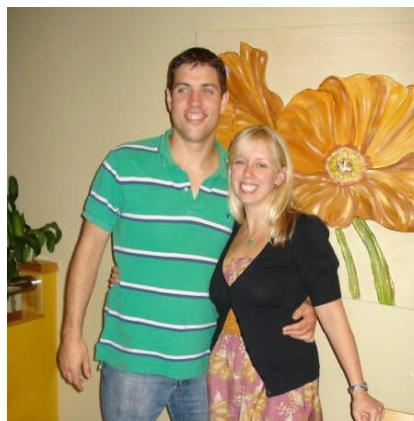
*Alex Miller*

When I started at Quest Martial Arts Academy in August of 2006 I was not just overweight, but even worse than that I was lazy and unmotivated to improve my life. By thanksgiving, less than two months later, my fitness had improved considerably, but my body and mind were worn down by all of the abuse (bad diet, poor sleep habits, too much partying) I had put them through and I became quite ill. While I was lying in bed with a fever, while the rest of my family enjoyed thanksgiving dinner, I decided to change my life. With help from the ‘mental curriculum’ I learned at Quest I was able to set goals for myself and get my life back in control. The combination of the great exercise from doing martial arts and a change in my eating and sleeping habits resulted in me dropping 30-40 pounds by Christmas and another 10 pounds by spring. I not only feel a lot better, but my self-confidence has improved dramatically as well. I would recommend training at Quest to anyone!

-Alex Miller



before



after